

ABSTRACT

- The problem to be solved by the invention is that, when an object to be heated is heated using steam, the atmospheric temperature of the interior of the heating chamber is
- 5 set quickly and accurately at a temperature suitable for cooking to thereby cook the object to be heated with uniform steam heating.

The above problem can be solved by providing a cooking apparatus for supplying steam to a heating chamber 11 storing an object to be heated to thereby heat the object to be heated, which comprises steam supply means for supplying steam to the heating

10 chamber 11, a fan 17 for stirring up the steam supplied to the interior of the heating chamber 11, and temperature control means, by driving and rotating the fan 17, for controlling the atmospheric temperature of the interior of the heating chamber 11 to be lower than the temperature of the steam supplied.